

## Claims

1. A method of exciting a driving vibration in a vibrator for outputting a detection signal generated based on said driving vibration and a physical value and for measuring said physical value based on said detection signal, wherein said driving vibration is excited using a circuit for self-excited vibration comprising a CR oscillator: said method comprising the step of:

applying an activating signal of rectangular wave on said vibrator using said CR oscillator to start said driving vibration.

2. A system of exciting a driving vibration in a vibrator for outputting a detection signal generated based on said driving vibration and a physical value and for measuring said physical value based on said detection signal,

said system comprising a circuit for self-excited vibration for exciting said driving vibration, said circuit comprising a CR oscillator for applying an activating signal of rectangular wave on said vibrator to start said driving vibration.

3. A method of exciting a driving vibration in a vibrator for outputting a detection signal generated based on said driving vibration and a physical value and for measuring said physical value based on said detection signal, wherein said driving vibration is excited using a circuit for self-excited vibration comprising a ring oscillator: said method comprising the step of:

applying an activating signal of rectangular wave on said vibrator using said ring oscillator to start said driving vibration.

4. A system of exciting a driving vibration in a vibrator for outputting a detection signal generated based on said driving vibration and a physical value and for measuring said physical value based on said detection signal,

said system comprising a circuit for self-excited vibration for exciting said driving vibration, said circuit comprising a ring oscillator for applying an activating signal of rectangular wave on said vibrator to start said driving vibration.